

Activity #8: Learn About Self-Control

Section 3: Self-Control

1. Reminders of routines and behavioral expectations help children follow rules and complete a specific task.
2. Dialogue with a teacher helps a child make the connection between his feelings and his behaviors and to understand the difference.
3. Prompts help a child recognize his feelings, realize the impact of his behavior on others, and take responsibility.
4. Guidance helps a child learn what to do (rather than what not to do) and therefore regulate his behavior.
5. A center set up as a workshop helps children learn to manage and care for materials
6. A child reading a book aloud shows she can maintain attention on the task for which she is responsible
7. Opportunities to share information engage children's attention during a group activity